YAM, DISHES.

GARI,

SPAGHETTI.

Frank Appiah

LunchTime With Foodie.

PhD Life, KNUST Department of Computer Engineering, May 2022.

Table of Contents

1:: Dadi Dada

Baked Dadi Dada

2:: Gari Jollof

Gari Jollof

3:: Spaghetti

Spaghetti

4:: Claire May dish

CAIRE MAY DISH

5:: Ella dish

ELLA DISH

5 FOODS DISHED OUT.

6:: ANNI dish

ANNI DISH

1:: Dadi Dada

1. Mashed yam mixed with beef veggie

2. Baked with topping/bottom custard.

Baked Dadi Dada

Yam Tube Delicacy.

Peel a tuba of yam and put it to boil until soft and cooked.

Place it in a big glassy bowl for mashing.

Mashed until mashup.

Cook custard with milk and sugar to sweetened. Pour into a plate bowl either as topping, bottoming or both. Add mashed yam into the custard source.

2:: Gari Jollof

1. Gari Jollof with Tuna and Mayonnaisse.

Gari Jollof

Gari Delicacy.

Add little water to a cup full of gari to soften the grain.

Add the oil from the tuna to the soft gari.

Add salt to taste with the tuna fish.

Cook oil with tomatoes and pour small oil from it to the tasty gari garnish with tuna fish.

Finally, squeeze some mayonnaise onto the dish for serving.

DISHES NOT FAR FROM EATING.

LUNCHTIME.

DISH NOT
FAR FROM
EATING.

LUNCHTIME.

DISH NOT
FAR FROM
EATING.
LUNCHTIME.

3:: Spaghetti

1.Spaghetti mixed corn and vegie with Mayonnaisse / Ketchup.

Spaghetti

Delicacy.

Put spaghetti to boil until soft and cooked.

Place it in a big round bowl for garnishing.

Add mixed veggie and corn to the bowl.

Add a broken maggi cube oyster for salty taste. Add your tomatoes sauce to give it reddy color or ketckup.

Squeeze mayonnaise to give it smooth texture.

GARNISHED WITH TUNA AND SAUCES.

LUNCH WITH SPAGHETTI.

IV

4:: Claire May dish

1. Mashed yam/potato with clairette dedie wine and vegie.

2. Finally baked.

GARNISHED WITH WINE AND VEGGIES.

LUNCH WITH Claire May dish.

CAIRE MAY DISH

Delicacy.

Peel a tuba of yam and put it to boil until soft and cooked.

Place it in a big glassy bowl for mashing.

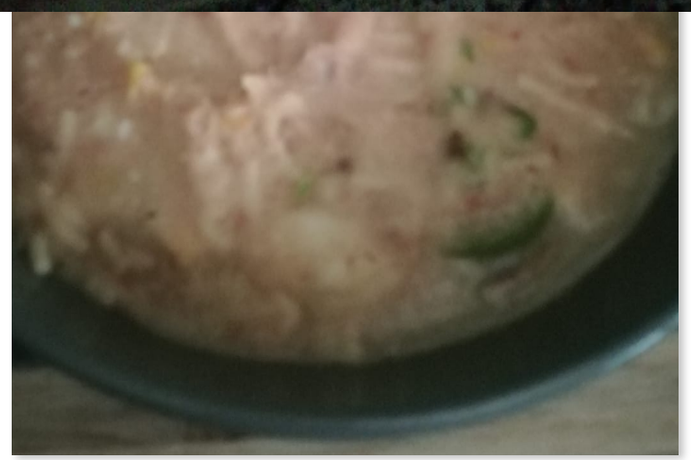
Add mixed veggie and corn to the bowl.

Add a broken maggi cube oyster for salty taste. Add your CLARAITTE DEDIE WINE to give it winy smell and sweet taste.

Dish it out for eating

Dish it out for eating.

Dish it out
for eating.



V

GARNISHED WITH CORN FLAKES AND VEGGIES.

LUNCH WITH Ella Dish.

5:: Ella dish

1. Mashed yam baked with milk and cornflakes.

ELLA DISH

Delicacy.

Peel a tuba of yam and put it to boil until soft and cooked.

Place it in a big glassy bowl for mashing.

Add milk, mixed veggie and corn FLAKES to the bowl.

Add sugar for sweet taste. Put into the microwave oven and bake for 10 mins.

Dish it out for eating

5 FOODS DISHED OUT.

WET YOUR APPETITE. YEAH HAHA.

I

WET YOUR APPETITE

III

III

WET YOUR APPETITE

IV

V

WET YOUR APPETITE

II

III

WET YOUR APPETITE

V

I

II

V

VI

GARNISHED WITH BEANS, TUNA AND SPAGHETTI.

LUNCH WITH ANNI Dish.

6:: ANNI dish

1. Mashed yam with spaghetti, beans and tuna: anni dish

ANNI DISH

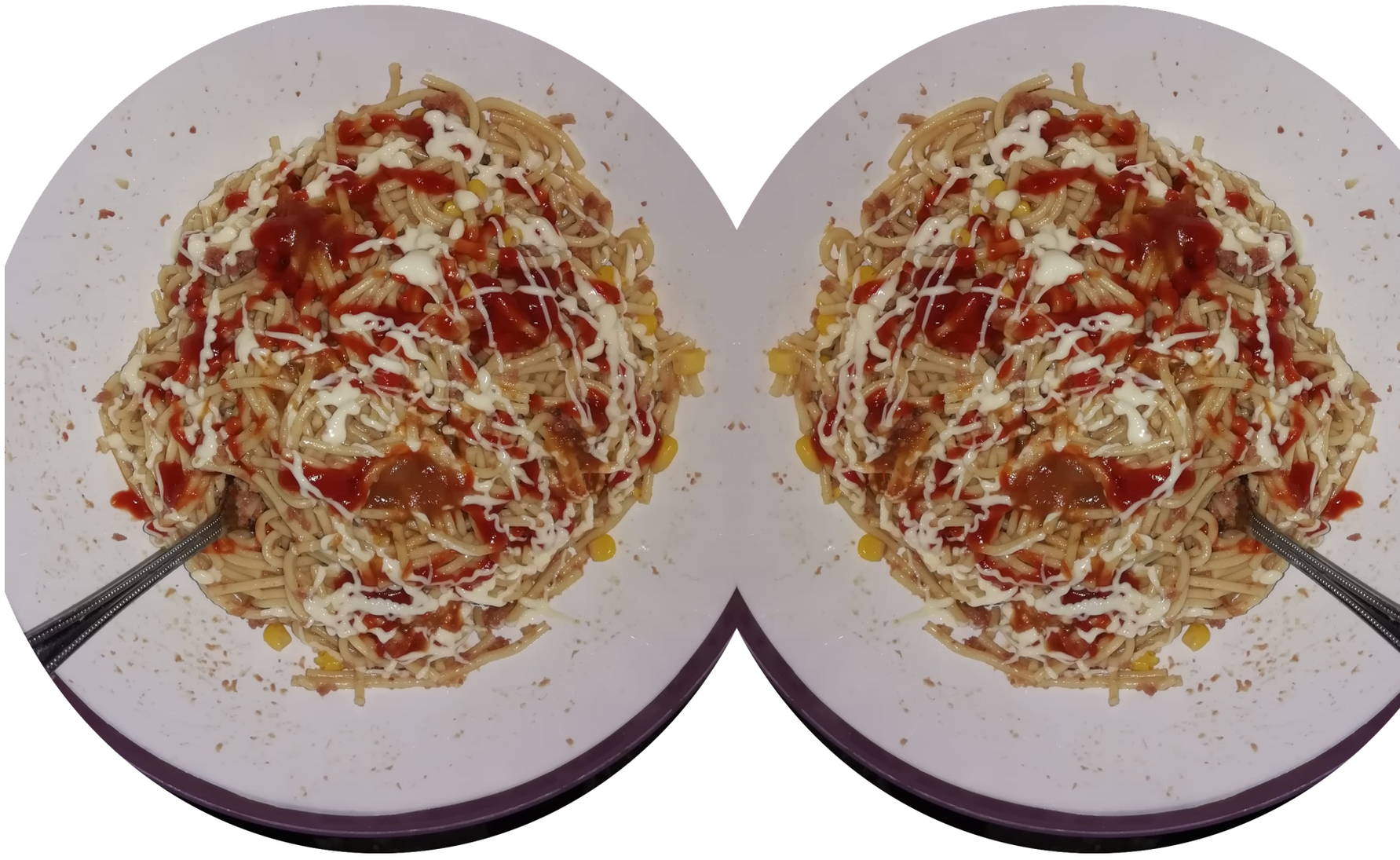
Delicacy.

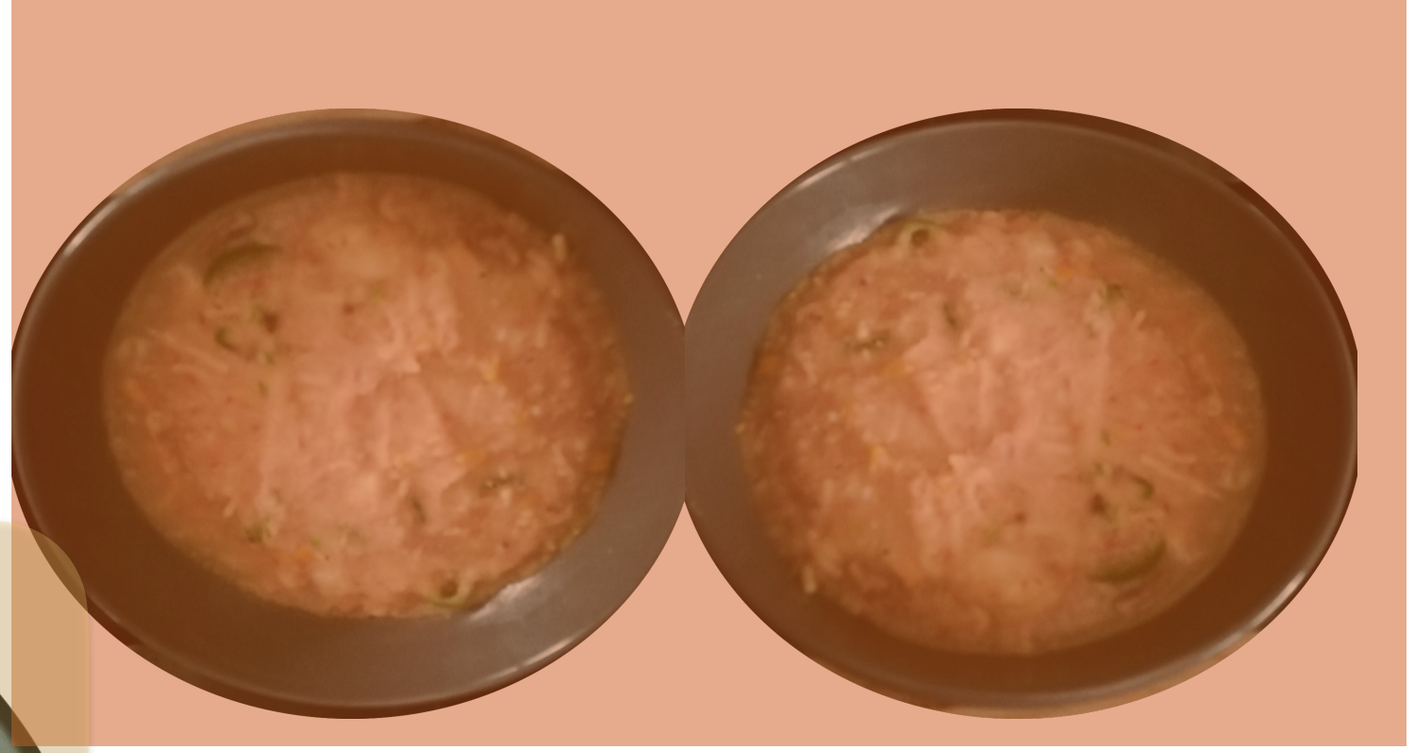
Peel a tuba of yam and put it to boil until soft and cooked.

Place it in a big glassy bowl for mashing.

Add can beans, tuna and boiled spaghetti to the bowl.

Dish it out for eating





WET YOUR APPETITE

III

IV

V

WET YOUR APPETITE

WET YOUR APPETITE

II

III

V

WET YOUR APPETITE

I

III

V